

**QIIMEYNTA NAFAQADA EE HAWEENKA / NUTRITION ASSESSMENT FOR WOMEN**

MAGACA KA QEYBQAATAHA IYO DCN:	TAARIKHDA DHALASHADA:	CATEGORY:	TAARIKHDA LA DHAMEYSTIREY:															
		P / B / N																
Form completed by: <input type="checkbox"/> Participant or WIC Staff: <input type="checkbox"/> CPA <input type="checkbox"/> RD <input type="checkbox"/> Nutritionist <input type="checkbox"/> WIC Certifier																		
Fadlan ka fakir habka raashin qaadashadaada kana jawaab su'aalaha soo socda sidii ugu haboon ee awoodaada ah. Ku dhig sanduuqa yar dhexdiisa calaamada <input checked="" type="checkbox"/> iyo/ama <u>gor</u> jawaabtaada.																		
HABKA CUNTADA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)																		
<p>1. Imisa jeer ayaad wax cuntaa maalintii? _____raashino/maalintii _____ cuntooyinka baakooyinka ku jirta/maalintii cuntooyinka baakooyinka ku jita nooce ayaad cuntaa?</p> <p><input type="checkbox"/> Caano, garoor, foormaajo <input type="checkbox"/> Hilib, maley, ukun, digir <input type="checkbox"/> Miro iyo khudaar</p> <p><input type="checkbox"/> Rooti, heer, bariis iyo baasto <input type="checkbox"/> Bataati shiilan/ raashinka cusbadha leh <input type="checkbox"/> Buskud/doolshe/raashinka sonkorta leh</p>																		
2. Caadi ahaan todobaadkii, imisa jeer ayaad wax ka cuntaa huteelka, marka lagu daro meelaha lagu gado cuntooyinka fudud? _____raashino/todobaadkii																		
3. Imisa ayaamood todobaadkii ayuu qoyskaagu sida qaalibka ah raashinka wada cunaa? _____maalmood/todobaadkii <input type="checkbox"/> Maba dhacdo marna (hal)																		
4. Miyey jiraan waxyabo aad ka bedeli lahayd raashinka aad cuntid? <input type="checkbox"/> Haa <input type="checkbox"/> Maya Liistee isbedelka:																		
HABKA RAASHIN QAADASHADA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)																		
<p>5. Sidee ayaa loo diyaariya guud ahaan raashinkaaga? Calaamadee intii ku khuseysa oo dhan.</p> <p><input type="checkbox"/> La forreeyey <input type="checkbox"/> La shiiley <input type="checkbox"/> La karkariyey <input type="checkbox"/> La moofeyey <input type="checkbox"/> La soly <input type="checkbox"/> La dubey <input type="checkbox"/> Microwafka lagu kariyey</p>																		
<p>6. Miyey jiraan raashino aad is leadahay in kugu filan kama cuntid? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calamadee intii ku khuseysa oo dhan.</p> <p><input type="checkbox"/> Caano,garoor,foormaajo <input type="checkbox"/> Hilib,maley,ukun,digir <input type="checkbox"/> Miro <input type="checkbox"/> Khudaar <input type="checkbox"/> Rooti,heed,bariis iyo baasto</p>																		
<p>*7. Miyaad ku jirtaa cunto qaadasho nidaamsan oo kuu gaar ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calaamadee noocca.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"><input type="checkbox"/> Cuna khudaar kaliya</td> <td style="width: 33%;"><input type="checkbox"/> Aan cunin wax xoolo ka yimaada</td> <td style="width: 33%;"><input type="checkbox"/> Yareeya cuntooyinka tamarta badan dhaliya/miisaanka rida</td> </tr> <tr> <td><input type="checkbox"/> Raashin dabiici ah oo ka kooban khudaar iyo iniiy whole ayan lagu darin kiimiko.</td> <td><input type="checkbox"/> Tamar dhalantu ay ku yar tahay</td> <td><input type="checkbox"/> Raashinka qaar ku jirada ama aan xamili karin</td> </tr> <tr> <td><input type="checkbox"/> Subagu ku yar yahay</td> <td></td> <td><input type="checkbox"/> Kuwo kale:</td> </tr> </table>				<input type="checkbox"/> Cuna khudaar kaliya	<input type="checkbox"/> Aan cunin wax xoolo ka yimaada	<input type="checkbox"/> Yareeya cuntooyinka tamarta badan dhaliya/miisaanka rida	<input type="checkbox"/> Raashin dabiici ah oo ka kooban khudaar iyo iniiy whole ayan lagu darin kiimiko.	<input type="checkbox"/> Tamar dhalantu ay ku yar tahay	<input type="checkbox"/> Raashinka qaar ku jirada ama aan xamili karin	<input type="checkbox"/> Subagu ku yar yahay		<input type="checkbox"/> Kuwo kale:						
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<p>*8. Haweenka qaarkood waxay jantaan ama u jeelaan waxyabo aan raashin- ahayn. Miyaad cuntaa wax ka mid ah kuwa soo socda? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calamadee intii ku khuseysa oo dhan.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"><input type="checkbox"/> Danbas <input type="checkbox"/> Tamaashiir</td> <td style="width: 33%;"><input type="checkbox"/> Baraf aad u tiro badan iyo/ ama xunbo cad oo la barafeeyey</td> <td style="width: 33%;"></td> </tr> <tr> <td><input type="checkbox"/> Kuwo kale:</td> <td></td> <td></td> </tr> <tr> <td><input type="checkbox"/> Fixiso</td> <td><input type="checkbox"/> Sigaarka</td> <td><input type="checkbox"/> Jajabka ranjiga</td> </tr> <tr> <td><input type="checkbox"/> Taraqa gubtey</td> <td><input type="checkbox"/> Dhoobo</td> <td><input type="checkbox"/> Carada</td> </tr> <tr> <td><input type="checkbox"/> Dunta kaarbadka</td> <td><input type="checkbox"/> Boorka</td> <td><input type="checkbox"/> Budada (dharka wasaqda ah ama budada galeyda)</td> </tr> </table>				<input type="checkbox"/> Danbas <input type="checkbox"/> Tamaashiir	<input type="checkbox"/> Baraf aad u tiro badan iyo/ ama xunbo cad oo la barafeeyey		<input type="checkbox"/> Kuwo kale:			<input type="checkbox"/> Fixiso	<input type="checkbox"/> Sigaarka	<input type="checkbox"/> Jajabka ranjiga	<input type="checkbox"/> Taraqa gubtey	<input type="checkbox"/> Dhoobo	<input type="checkbox"/> Carada	<input type="checkbox"/> Dunta kaarbadka	<input type="checkbox"/> Boorka	<input type="checkbox"/> Budada (dharka wasaqda ah ama budada galeyda)
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<p>10. Ugu badnaan intee caano ah ayaad cabtaa? Calaamadee mid kaliya.</p> <p><input type="checkbox"/> Dhow jeer/maalintii <input type="checkbox"/> Hal mar/ maalintii <input type="checkbox"/> In ka yar hal mar/maalintii</p>																		
<p>11. Ugu badnaan intee ayaad ka cuntaa raashinada xoolaha laga dheefsado sida foormajada,garoorka,ama macmacaanka laga sameeyo bur iyo ukun?</p> <p><input type="checkbox"/> Dhow jeer/maalintii <input type="checkbox"/> Hal mar/maalintii <input type="checkbox"/> In ka yar hal mar/maalintii</p>																		
<p>12. Maxay yihiin cabitaanada kale eed cabtid caadi ahaan maalintii? Calaamadee intii ku khuseysa oo dhan.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"><input type="checkbox"/> Casir</td> <td style="width: 33%;"><input type="checkbox"/> Biyo</td> <td style="width: 33%;"><input type="checkbox"/> Miro la shiidey</td> </tr> <tr> <td><input type="checkbox"/> Kookaha/faantada oo ah nooca la nidaamiyeey</td> <td><input type="checkbox"/> Cabitaanka isboortiga</td> <td><input type="checkbox"/> Kookaha/faantada caadiga ah</td> </tr> <tr> <td><input type="checkbox"/> Khamroada cinabka laga sameeyo</td> <td><input type="checkbox"/> Bun/shaah</td> <td><input type="checkbox"/> Khamro</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Khamrooyin kale</td> <td><input type="checkbox"/> Kuwo kale:</td> </tr> </table>				<input type="checkbox"/> Casir	<input type="checkbox"/> Biyo	<input type="checkbox"/> Miro la shiidey	<input type="checkbox"/> Kookaha/faantada oo ah nooca la nidaamiyeey	<input type="checkbox"/> Cabitaanka isboortiga	<input type="checkbox"/> Kookaha/faantada caadiga ah	<input type="checkbox"/> Khamroada cinabka laga sameeyo	<input type="checkbox"/> Bun/shaah	<input type="checkbox"/> Khamro		<input type="checkbox"/> Khamrooyin kale	<input type="checkbox"/> Kuwo kale:			
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13. Waa maxay ilaha aad biyaha ka heshaa? Calaamadee mid kaliya.
- Nidaamka biyaha ee magaalada Nidaamka biyaha ee baadiyaha Ceel gaar ah Biyaha caagadaha ku jira
 a. hadii jawaabtu ay tahay ceel gaar ah, miyaa laga baadhey bakteeriya ama kiimikada loo adeegsado beeraha? Haa Maya Ma ogi
 hadii ay jawaabtu tahay haa, calaamadee natijadda: badbaado ah Aan badbaado ahayn Ma ogi
 b. Miyaad ogtahay in ay ku jirto biyahaaga maadada u roon ilkaha ee loo yaqaan(Fluoride) Haa Maya
 c. Miyaad ku cadayataa daawada cadeyga ee ay ku jirto maadada (fluoride)? Haa Maya

SIYAADOOYIN AH (*Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan*)

14. Miyaad qaadatey fiitamiinada isku dhafan bishii ka horeysey uurkani imika ? Haa Maya
 hadii ay jawaabtu tahay haa, imisa jeer todobaadkii? _____ jeer/todobaadkii
15. Miyaad qaadataa wax fiitamiino ah, macdano, daawada dhirta laga suubiyo ee dabiiciga ah ama daawo siyaado ah? Haa Maya
 hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan.
 Fiitamiinka loo yaqaan (prenatal) Fiitamiino isku dhafan (aan ahayn prenatal) Feero siyaado ah
 Daawo dhireed siyaado ah Kuwo kale

RAASHIN BADBAADO LEH (*Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan*)

16. Miyaad haysataa qalab kuugu filan raashinka iyo meel aad ku keydsato ama aad ku diyaariso sida qabooysiye, shoolada wax lagu kariyo oo si fiican u shaqeyn karta iyo maqaasiin aan lahayn cayayaan iyo kiimkooyinka waxyeelooyinka leh? Haa Maya

RAASHIN KUGU FILAN IYO KA QEYBQAADASHADA MASHRUUCA (*Qeybtani waa inay buuxiyaan dhamaanba haweenka oo*)

17. Bishii ayuu so dhaafney, adiga ama inta guriga kugula nool miyaad cunteen raashin aad is leedahay wuu ka yar yahay intii aad cuni jirteen, sababta oo ah waxaan la hayn lacag ku filan in raashin lagu soo gato? Haa Maya Ma ogi ama diidan
18. Miyaad ka qeyb qaadataa wax ah mashruucyada raashinka ama nafaqada? Haa Maya
 hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan.
 Kaadhka caydha Qadada laga bixiyo iskuulka Mashruuca waxbarahsada ee nafaqada qoyska (FNEP)
 Mashruuca gadisleyda
 Boonada raashinka Kuwo kale:

DHAQDHAQAAQA JIDHKA (*Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan*)

19. Caadi ahaan maalintii imisa **daqiiqadood**ayaad qabataa waxyaalahaa jidhkaaga ka sheqeysiya? Marnaba 0-30 31-60 In ka badan 60

UUR LEH (*Qeybtani kaliya waxaad buuxin kartaa hadii aad imika uur leedahay*)

20. Intee in le'eg ayaad u maleyni iney kugu korodhey miisaanka jidhkaaga intii aad uurka lahayd? _____ Rodol(pounds) Ma garanayo
21. Miyaad qabtaa mid ka mid ah waxyaabaha soo socda? Haa Maya
 If yes, check all that apply.
 Calool taag Shuban Dawakhaad Matag Laab jeex Kuwo kale:

- *22. Miyaad cuntaa raashibada ay ka midka yihii:
- maley cayriin ama maleyga yar oo qolofta ku jira, Haa Maya
 - cunto badeed qiiq lagu soley oo qaboojiyaha lagu keydiyey, Haa Maya
 - cayriin ama hilii aan la karin, digaag, ama turkey, Haa Maya
 - hilil suuqa lagu gado oon karsaneyn oo la googooyey, hilil basil ee lagu gado dukaanada, hilil shiidan oo la luuqey oo rooti la dhexgasho Haa Maya
 - cajiin hilil ka kooban oo rootida la marsada ama hilil yar lagu darsado cuntada, Haa Maya
 - caano aan la karkarin, ama raashin ka kooban caano aan la karkarin, Haa Maya
 - foormaajo jilicsan sida Feta, Brie, Camembert, blue-veined cheese, Mexican-style cheese, Haa Maya
 - ukun cayriin ama aan aad loo karin, ama raashin ay ku jirto ukun aan si fiican loo karin ama cayriin, Haa Maya
 - khudaarta iniinteeda oo darey ah sida nooc xawaashka ka mid ah oo loo yaqaan(alfalfa), qorofal, khudaarta malaasan oo guduudan(radish) Haa Maya
 - miro ama khudaarta cabitaan laga miirey oon la karkarin. Haa Maya

NAASNUUJINTA (*Qeybtani kaliya waxaad buuxin kartaa hadii imika aad naasnuujineysid*)

23. Miyaad wax ka qabtaa naasnuujinta? Haa Maya
 hadii ay jawaabtu tahay haa, liistee wixii aad ka qabto:

WAXAA DHAMEYSTIRI KARA OO KALIYA SHAQASI KA TIRSAN XAFIISKA WIC

SIGNATURE (RISK ASSESSMENT):	SIGNATURE (NUTRITION COUNSELING):
DATE	DATE